



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"From caring comes courage." Lao Tzu*

## Caregiver Tip:

With winter in full swing and the cold, dark days upon us, you may get the "winter blues", also known as Seasonal Affective Disorder. If you have low energy, increased need for sleep, insomnia, or feel achy, weepy or apathetic, you may have SAD. With the additional stress of caregiving, these symptoms may be exacerbated. Here are some things you can do:

- Get moving - This will help warm up your muscles. Try briskly walking around your home, gently stretching, dancing to music or even cleaning the house. Remember to exercise your brain as well. Crossword puzzles or Sudoku can keep your brain active.
- Get out - It's important to take time to get out of the house, even if you need to arrange respite care for your loved one. Go shopping, to the library or out with a friend.
- Eat healthy - Increase your Vitamin C and D - Eat fruits and vegetables and cut down on carbohydrate intake.
- Seek help - Light therapy is often used to mimic sunlight and can set your circadian rhythms. If the "winter blues" symptoms are serious seek help from a professional.

**Caregiver Support Group**  
**Wednesday, February 6, 2013**  
**4 - 5:30 p.m.**  
**Alexandria Adult Day**  
**Services Center**  
**703.746.5676**

## Resources:

**Important Benefit Information:** The Treasury Department is going electronic. Those who receive Social Security, Supplemental Security Income, Veteran Affairs, Railroad Retirement Board, Office of Personnel Management benefits or other non-tax federal payments will have until March 1, 2013 to switch over from paper checks to direct deposit or the Direct Express debit card. Automatic waivers will be granted to people born on or before May 1, 1921. To sign up for direct deposit or for a Direct Express debit card call 1-800-333-1795 or go to GoDirect.org.

**Caregiver Apps:** More and more people are now using smartphones. As a caregiver, one way to organize all of your loved ones information is to download an app to keep track of this information. There are several apps available for caregivers and many are free or can be downloaded at low cost. CareZone is a free app to assist caregivers in organizing information such as their loved ones' helpers, contact information, medications, to-do lists and journal entries. This app is compatible with all iPhones, iPads and 4th and 5th generation iPod touch. According to CareZone.com, it will soon be available as an Android app.

To remove your name from our mailing list, please email [Jennifer.Sarisky@alexandriava.gov](mailto:Jennifer.Sarisky@alexandriava.gov)

Questions or comments? Email [Jennifer.Sarisky@alexandriava.gov](mailto:Jennifer.Sarisky@alexandriava.gov) or call 703.746.5999, Option 1



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